



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Indiana

All statistics are based on parental reports.

National %	State %	
14.8	15.6	Percent of children who are overweight
21.9	17.8	Age 10-11
14.4	15.4	Age 12-14
10.7	14.5	Age 15-17
22.4	24.1	0-99% Federal poverty level
19.0	22.2	100-199% Federal poverty level
13.7	11.3	200-399% Federal poverty level
9.1	13.9	400% Federal poverty level or more
18.1	21.4	Male
11.5	9.0	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	70.7	
78.2	81.4	Age 10-11
74.2	70.9	Age 12-14
63.3	63.8	Age 15-17
76.8	73.1	Male
65.6	67.8	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	64.5	
61.5	78.9	Age 10-11
61.6	69.9	Age 12-14
53.4	49.9	Age 15-17
62.1	65.4	Male
55.0	63.4	Female
72.9	72.9	Percent of children with at least one parent who exercises regularly